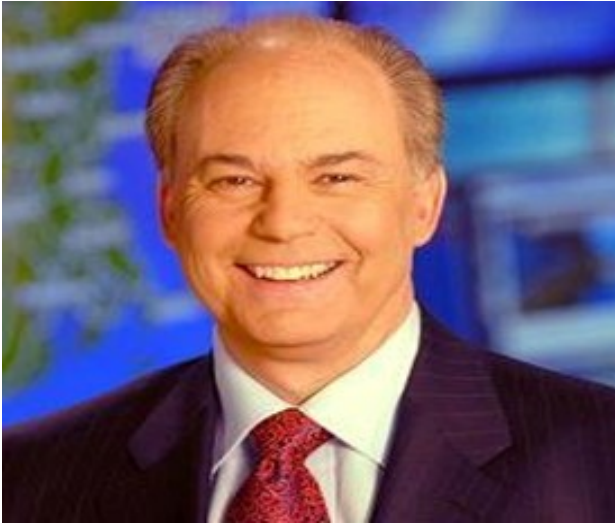


SENIOR SCENE

WESTBOROUGH COUNCIL ON AGING
SEPTEMBER 2023



The Westborough Senior Center Supporters invite you to an exciting, free presentation....

Climate Change:
Simple, Serious, Solvable
HARVEY LEONARD

Chief Meteorologist Emeritus
WCVB-TV/DY

Wednesday, September 20, 2023 2:00 p.m.

Westborough Senior Center

Please register by Thursday, September 14

508-366-3000

THIS MONTH

- * Lunch and Music
- Breakfast w/the Chief
- Scrabble
- Property Tax Talk
- Bagels w/ SelectBoard
- Dinner at the Back Door
- Memory Café

OUR MISSION STATEMENT

The mission of the Westborough Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Westborough's Senior Citizens and their families.

CONTACT US

Address

4 Rogers Road
Westborough, MA 01581

Hours of Operation

Monday - Friday
8:30 a.m. to 4:00 p.m.



(508) 366-3000



town.westborough.ma.us/council-aging-senior-center

WHAT'S NEW?

WE HAVE A NEW BUS!!

By the time you read this, we will have taken delivery of a new, 2023 Ford, 12 passenger Mini-bus. It has been a long time coming and, thanks to Fleet Manager, Jim Stewart, who found the available vehicle for us, the new Mini-bus will be on the road shortly. There will be absolutely no eating or drinking on this bus as the seats are upholstered material and we need to keep it clean. It is lift equipped and has two wheelchair docks. We're sure you'll appreciate and care for our new vehicle, just like we do!!

BREAKFAST WITH THE CHIEF

We are pleased to bring back Breakfast with our "Interim" Chief of Police, Todd Minardi, on Tuesday, September 12, at 8:30 a.m. Interim Chief Minardi will be introducing us to the newest officers that have joined the Westborough Police Department. The menu for breakfast will be Baked French Toast, sausage, juice and coffee. Cost for breakfast is \$4.00. All reservations MUST BE MADE by noon on Friday, September 8. Transportation is available. Let us know when you make your reservation if you will need a ride.

The Senior Center will be closed on Monday, Sept. 4, Labor Day. There will be no mini-bus, Volunteer rides or Meals on Wheels. Enjoy the holiday!

A CONVERSATION WITH.....

This month we will welcome Town Manager, Kristi Williams, on Tuesday, September 26, at 1:00 p.m. Kristi will be here to talk with you about the upcoming Fall Town Meeting and other issues facing the town. This is a casual conversation, in the lounge. There is no charge and transportation is available.

**September is National
Senior Center Month....
*Discover Yours!!!***

ASIAN OUTREACH PROGRAM – SEPTEMBER 2023

OPEN TO ALL SENIORS

FRIDAY 9/1 AT 10:00 AM – WELCOME BACK!! Join us for a fun social gathering to kick off a fresh start after summer and meet new friends at the Senior Center. The program includes light exercises, a slideshow, games, and refreshments. Please sign up by Wednesday, August 30th.

FRIDAY 9/15 AT 10:00 AM – APPLE PICKING OUTING!! Join us for our annual apple-picking trip to Berlin Orchards in Berlin. The bus will leave at 10:00 a.m. from the Senior Center. Please bring your lunch to enjoy in the picnic area. Please sign up by Wednesday, September 13th.

FRIDAY 9/29 AT 10:00 AM – HAPPY MID-AUTUMN FESTIVAL!! Join us in celebrating the Mid-Autumn Festival or "Moon Festival" at the Senior Center. After some light exercises, we will use simple Chinese brush techniques to draw flowers and bamboos on lanterns. Mooncake tasting will be served afterwards. Please sign up by Wednesday, September 27.

FRIDAY September 8 and September 22 from 10 am to 12 pm - HONG KONG MAHJONG GAME

For more information about September Asian Outreach activities, go to <https://www.wscasianoutreach.org>



Council on Aging

Linda Birch, Chairman (2025)
 Guido Lonardo, Vice-Chairman (2024)
 Nancy Fallon, Treasurer (2026)
 Diane Collins, Corresp. Secty (2024)
 Robert Washburn (2025)
 John McCann (2025)
 Katherine Metzger (2024)
 Bill Lynch (2025)
 Marilyn Taylor (2025)
 Nancy Gage, Secretary to COA

OUR STAFF

Alma E. DeManche
Executive Director

Kristen McHugh
Administrative Assistant

Mary Ellen Cibelli
Volunteer Coordinator

Stephanie Keane
Outreach Case Mgr.

Dennis Fenton
Elder Outreach Project

Tammy Wong
Asian Outreach

Jim Frederick RN, BSN
Public Health Nurse

Michael Swan
Handyman

Sharon Gravlin
Homemaker

Lorrie Moynihan
Meal Site Manager

Wayne Plude
Custodian

David Farrar
 Brad Huff
 Kevin Farrar
 Fran Sowa
Mini-Bus Drivers



HAVE THE SENIOR SCENE DELIVERED TO YOUR HOME

You can have the Westborough Senior Scene delivered to your home each month for \$6.00 each year. Just fill out the form below and return it to the Senior Center with your check for \$6.00. It's that easy!! Checks: Town Of Westborough

Yes!! Please send me the Westborough Senior Scene monthly!

NAME _____

MAILING ADDRESS _____

TOWN, STATE, ZIP CODE _____

PHONE NUMBER _____

CALLING ALL WESTBOROUGH VETERANS!!

Breakfast for Veterans

Saturday, September 16

10:00 a.m.

Westborough Senior Center 4 Rogers Road

Sponsored by *American Legion Post 0163*

This is a free, catered event for all local Veterans to bring Veterans together and let them know what services and programs are available through the VA

Call the Senior Center at 508-366-3000 to reserve

Transportation is available.

AMERICAN LEGION

BINGO NIGHT

Friday, September 29

7:00 p.m.

(doors open at 6:00 p.m.)

Admission tickets are \$3.00

Bingo Prizes, Raffle Tickets,

Door Prize

Snacks

Westborough Senior Center

WESTBOROUGH

AMERICAN LEGION POST 0163

MONTHLY MEETING

Thursday, September 21

10:00 a.m.

WESTBOROUGH SENIOR CENTER

ALL VETERANS ARE WELCOME

WESTBOROUGH

FLAG BURNING CEREMONY

SATURDAY, SEPTEMBER 30

1:00 p.m.

VETERANS FREEDOM PARK

Bring your old and worn US Flags to be disposed of in a respectful manner

Special Guests will be

The National Lancers

One of the oldest calvary organizations in the US

Sponsored by

Veterans Service Office

Local Scout Groups

Westborough Fire Department

Westborough Police Department

Westborough DPW

NEWS FOR YOU

GRAB... 'N STAY

Let's try something a little different!! We're back to lunch with some music on Wednesday, September 6, at 12:00 noon. We're having chicken salad sandwiches, chips, pickles and lemon squares for dessert. The music will be provided by "The Rob Show" playing some of your favorites. We're going to keep the summer vibe going as long as possible!! Cost for lunch is \$4.00 and reservations must be made by noon on Friday, September 1. (Monday is Labor Day and we can't take reservations on Tuesday) Transportation is available. Come join us for some good food, good music and good friends!

CONGREGATE LUNCH MONDAY & FRIDAY

Beginning the week of September 11, we will be serving lunch at the Senior Center on Monday and Friday at 12:00 noon. Reservations must be made by the day before at 10:00 a.m. A donation of \$3.00 is suggested for each meal.

9/1– Baked Ziti, Meatball, Green Beans, Peaches

9/4– Labor Day

9/8– Breaded Pollack, Rice Pilaf, Green Beans, Applesauce

9/11– Chef's Surprise!!

9/15– Meatloaf, Mashed Potatoes, Carrots, Peaches

9/18– Mediterranean Chicken, Roasted Potatoes, Blended Vegetables, Pears

9/22– Black Bean & Barley Chili, Cauliflower, Tossed Salad, Chocolate Chip Cookie

9/25– Alaskan Breaded Fish, Quinoa Pilaf, Zucchini and Cauliflower, Yogurt

9/29– Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Peaches

All meals are served with 2% milk and bread and margarine

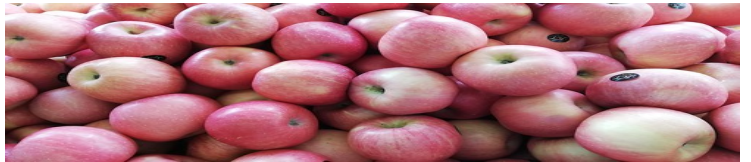
Transportation is available.

BAGELS WITH THE SELECTBOARD

We're giving you an opportunity to speak directly with Select Board members each month as we start Bagels with the Select Board on Tuesday, September 19, at 9:30 a.m. Each month, one board member will be here to sit and talk with you over a cup of coffee and a bagel. You can ask questions and let them know of your concerns. There is no charge and transportation is available. Please let us know if you are coming so we have enough bagels!!

DINNER AT THE BACK DOOR

Back from the summer hiatus, dinner will return on Monday, September 25. Dinner will be Lemon-pepper Chicken over rice, vegetable and dessert. Cost is \$7.00. Reservations must be made by noon on Thursday, September 21. Pick up begins at 1:00 p.m.



SEPTEMBER BIRTHDAY LUNCH

Wednesday, September 27

12:00 noon

Come celebrate your birthday with us!!

Salad, Pizza, Birthday cake and Ice Cream

Free for Birthday Babies!

Others \$4.00

Reservations by noon the day before

Transportation is available

SEPTEMBER 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | | 1 Gentle Yoga 10:00 Outreach Program 11:00 Zumba Gold 12:00 Lunch |
| 4 Labor Day Senior Center Clos | 5 9:30 Cribbage 10:00 Classical Music 12:00 Shopping WalMart 1:00 RMV Near Me 1:30 Scrabble | 5 9:00 Gentle Yoga 10:00 Knit and Crochet 10:00 Zumba Gold 11:15 Tai Chi 12:00 Lunch and Music 1:00 Strength & Balance 2:00 Piano/Chords | 7 9:00 SHINE 12:00 Market Basket 1:00 WSCS Workshop | 8 9:00 Gentle Yoga 10:00 Hong Kong Mah Jong 11:00 Zumba Gold 12:00 Lunch 1:00 Strength&Balance 1:00 Rummikub 1:00 Friday Matinee "Living" |
| 11 10:30 Spanish 11:00 Zumba Gold 12:00 Lunch 12:30 Ice Cream Social 12:30 Pool 12:30 Bingo 1:00 COA Meeting | 12 8:30 Breakfast w/The Chief 9:30 Cribbage 9:30 Fair Meeting 10:00 Classical Music 10:00 Pool Tournament 12:00 Shopping WestMeadow 1:30 Scrabble | 13 9:00 Gentle Yoga 10:00 Knit and Crochet 10:00 Zumba Gold 11:15 Tai Chi 1:00 Strength&Balance 1:00 Hearing Screening 2:00 Piano/Chords | 14 9:00 SHINE M10:30 Support Group 1:00 WSCS Board Mtg. | 15 9:00 Gentle Yoga 10:00 Outreach Program 11:00 Zumba Gold 12:00 Lunch 1:00 Strength&Balance 1:00 Rummikub |
| 18 10:30 Spanish 11:00 Zumba Gold 12:00 Lunch 12:30 Pool 12:30 Bingo | 19 9:30 Bagels w/the Board 9:30 Cribbage 10:00 Classical Music 12:00 Shopping Julio's 1:00 RMV Near Me 1:30 Scrabble | 20 9:00 Gentle Yoga 10:00 Knit and Crochet 11:15 Tai Chi 1:00 Strength&Balance 2:00 Harvey Leonard 2:00 Piano/Chords | 21 9:00 SHINE 10:00 Legion Meeting 12:00 Market Basket 1:00 Sunshine Memory Cafe  | 22 9:00 Gentle Yoga 10:00 Hong Kong Mah Jong 11:00 Zumba Gold 12:00 Lunch 1:00 Strength&Balance 1:00 Rummikub 1:00 Friday Matinee "Dog Gone" |
| 25 10:30 Spanish 11:00 Zumba Gold 12:00 Lunch 12:30 Pool 12:30 Bingo 1:00 Dinner @the Back Door | 26 9:30 Cribbage 10:00 Pool Tournament 12:00 Shopping North-boro Crossing 1:00 A Conversation With..... 1:30 Scrabble | 27 9:00 Gentle Yoga 9:30 Sen. Moore 10:00 Knit & Crochet 10:00 Zumba Gold 11:15 Tai Chi 12:00 Birthday Lunch 1:00 Strength&Balance 2:00 Piano/Chords | 28 9:00 SHINE 10:30 Support Group 1:00 Property Tax Program 1:00 WSCS Workshop | 29 9:00 Gentle Yoga 10:00 Ooutreach Program 11:00 Zumba Gold 12:00 Lunch 1:00 Strength&Balance 1:00 Rummikub |

WHAT'S NEW

WHAT TO DO ABOUT SHOPPING??

In case you missed it, the Christmas Tree Shoppe is now closed. So the question is, do you “shoppers” still want to go up to that plaza for the other stores or should we find someplace new? We know you’ve asked to go to the Soloman Pond Mall and we’ll get a trip there scheduled soon. But we would like some feed back about Shrewsbury, please!

SCRABBLE, ANYONE?

We have been asked to start a Scrabble group and it is done! The group will meet on Tuesday afternoons at 1:30 p.m. here at the Senior Center. There is no charge and traditional rules will be followed. All are welcome. Transportation is available.

POOL TOURNAMENTS

Thanks to the generosity of the WSCS, our talented Pool Players will now be able to compete with pool players from five surrounding Senior Centers in tournament style play on Tuesday mornings. We are very happy to be able to offer this and wish our players the best of luck!! Please be mindful when you are in on Tuesday mornings that there is a game going on. We thank the WSCS for the beautiful new pool table so we can compete in these games.

RETURNING TO THEIR REGULAR TIMES!

Beginning right after Labor Day, **Rummikub** will return to Friday afternoon at 1:00 p.m.

Strength and Balance will have a second class at 1:00 p.m. on Friday afternoon.

Friday Matinee movies will return twice a month.

September 8- “Living” starring Bill Nighy

September 22- “Gone Dog”

Movies start at 1:00 p.m.

RMV Near Me will be available, by appointment twice a month on Tuesday afternoon

LET’S TALK PROPERTY TAXES

Please join Westborough’s Chief Assessor, Jonathan Steinberg, on Thursday, September 28, at 1:00 p.m. and learn about the exemptions, abatements and other programs that are available for older tax payers. There are many things available to you and you will hear first hand about a new program the town is offering. Jon will answer your questions and bring the applications for the programs you may be eligible for. Transportation is available.

VOLUNTEER OPPORTUNITY

The Long Term Care Ombudsman Program needs Volunteers to advocate for residents in our community nursing facilities. Do you have a couple hours a week to spare for this important work? Please call Mary Brooks to learn more at 508-573-7235.

COMING IN OCTOBER

The Senior Center has been given money from the ARPA funds that were given to the town after the pandemic. We will be using this money to fund two respite programs for Westborough Caregivers and their loved ones.

The first will be a Saturday morning program for Caregivers to drop off their loved ones here at the Senior Center for three hours. We will entertain them, feed them lunch and make sure they are safe and ready for you to pick up. We will be hiring staff soon and are looking forward to this program.

The second program will be to offer Volunteer sitters for two hours in the home so that the Care-giver can go to appointments, shop, or other errands that need to be done. We are looking for Volunteers who would like to help. Mileage will be reimbursed.

Training in CPR, First Aid and Emergency precautions will be provided. A CORI is required of all staff and Volunteers. Keep an eye out for more information!!

AND THERE'S MORE!

NEWS FROM THE WSCS

So much to do!! Our Fall season is off to a great start with the visit from Harvey Leonard on September 20. We hope you all can join us to hear with he has to say!

We were pleased to be able to help the Senior Center by paying for all of the entertainment that you enjoyed on Tuesday Nights Out. We all had so much fun and enjoyed some great music and fun! It really did go by fast. We hope you also have noticed the beautiful new Pool Table that was installed a couple weeks ago so our Pool Players can now compete against surrounding Senior Centers. And we also were happy to pay for the bus to Wright's Farm to end up the Summer programs. We hope you enjoyed all of it!

Just around the corner will be our annual Holiday Fair on Saturday, November 18. Lots more details will follow next month. However, there will be a meeting on Tuesday, September 12, at 9:30 a.m. for anyone who is interested in helping out with the Holiday Fair. Come for Breakfast with the Chief and stay for this important meeting. We can't have a fair without Volunteers.

Speaking of the Holiday Fair, we are taking donations of costume jewelry at the Senior Center any time and it's time to start knitting or crocheting those afghans for the raffle. We've also been doing some craft workshops on Thursday afternoons at 1:00 p.m. Check the calendar for dates. Come help out!

There are also plans in motion for a Halloween Party on Thursday, October 26. Save the date and be thinking about your costume!

If you are not a WSCS member, please come and join us! Dues are \$5.00 per year and new ideas and help is always needed for these events and programs! Thanks.

SUNSHINE CAFÉ

Thursday, September 21, 1p.m. to 3:00 p.m.



At the Westborough Senior Center

Caregivers/Partners bring your loved ones with

memory changes to enjoy refreshments and musical **entertainment by Dennis Fenton**

There is no cost to attend

RSVP's are recommended to 508-366-3000

Westborough transportation is available

SENIOR SCENE

Westborough Council on Aging

4 Rogers Road

Westborough, MA 01581

(508) 366-3000



PLEASE NOTE

Every effort is made during the writing and production of our newsletter to assure the accuracy of the information in it. There are times when we inadvertently leave something out or make an error. There are also times when the information has changed from the time we write it until the newsletter gets in your hands. Please always feel free to contact the Senior Center if you have any questions regarding a program.

- **COMING IN OCTOBER**
- **Health Fair**
- **Generation Bridges**
- **Halloween Party**
- **Fall Town Meeting**
- **Shredding Day**

